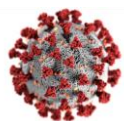


Food Safety and Covid-19



Based on our current scientific understanding

Knowledge
inLife

Photo Credit: CDC

- Safety tips for shopping at the grocery store and farmers market
- Safety tips when getting groceries home from the store
- Best practices for handling/ washing raw produce (lettuce, strawberries, etc.) safely
- Other consumer food safety best practices in light of COVID



Knowledge
inLife

- Coronaviruses- generally spread person-to-person through respiratory droplets.
- Currently NO evidence that COVID-19 is transmitted through food.
- May be possible to get COVID-19 by touching surface/object with virus on it and then touching mouth, nose, or possibly eyes
 - Not thought to be the main way the virus spreads.



Knowledge
inLife

- Avoid close contact with others (social distancing)
- Wash hands often
 - WHEN: especially after being in a public place, after blowing nose, coughing or sneezing, before eating or drinking (and after using restroom, before cooking, after changing diapers, etc)
 - Don't touch eyes, nose, mouth with un-washed hands
 - HOW: use soap and water, for at least 20 seconds
 - Sing ABCs, Happy Birthday twice or other songs
 - Basic "normal" soap is fine
- Wear face covering- protects others



Knowledge
inLife



K-STATE
Research and Extension

Hand sanitizer

- **If soap and water are not readily available**
- Use a hand sanitizer with at least 60% alcohol
- Cover all surfaces of your hands and rub them together until they feel dry
- Soap and water is still the best protection!!!

Knowledge in Life

K-STATE
Research and Extension

Food safety at the grocery store-1

- Curbside pickup, delivery if possible
- **Do not go shopping if you are feeling sick**
- No evidence of food or food packaging associated with transmission of COVID-19
- Buy 1-2 weeks of groceries at a time
- Wear face covering in store to protect others
- Ensure handles of shopping cart are sanitized
- If using re-usable shopping bags, ensure they are cleaned before each use

Knowledge in Life

K-STATE
Research and Extension

Food safety at the grocery store-2

- Keep at least 6 feet away from others
- Avoid touching your face
- Wash hands when you get home and after putting groceries away
- Avoid touching multiple produce items at store
- Can use hand sanitizer before and after store
- Avoid touching surfaces and items unnecessarily

Knowledge in Life

Shopping at Farmers Markets-1

- Great way to support local farmers
- Many markets take SNAP/EBT
 - Double Up Food Bucks: www.doubleupheartland.org
 - KS SFMNP will start July 1, 2020
- Check which vendors and items might be available- be prepared
- Markets have put extra safety measures in place- allow extra time
- Avoid touching your face/phone
- Wear face covering

Knowledge
in Life

Shopping at Farmers Markets-2

- Follow directions of market- entrance, exit
- Choose items with eyes, not hands
- Stay > 6 feet away from others
- Use hand washing stations/ hand sanitizer
- For now, avoid socializing- just shop

Knowledge
in Life

Putting away groceries

- No evidence of food packaging associated with COVID transmission
 - Can wipe down product packaging and allow to air dry if you wish- NOT needed
- Wash hands when done putting groceries away
- Refrigerate perishables within 2 hours of taking out of frig/freezer at store

Knowledge
in Life

Washing produce for safety

- Can still eat raw produce!
- Always wash hands before handling food
- Wash all whole produce, even if you don't eat the peel
 - Wash just before eating or using
 - Contaminants on the peel/skin could get inside or cross-contaminate
 - Wash cantaloupe, potatoes, etc. with produce brush

Knowledge
in Life

Washing produce for safety- 2

- Clean running water is the best way to clean
- Do not use soap or produce wash
 - These products are not needed, safety not well evaluated
 - Soap- can cause nausea, vomiting
 - Bleach, etc- can cause respiratory issues

Knowledge
in Life

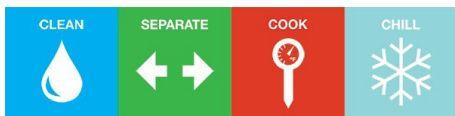
Food Safety at restaurants

- Avoid buffets, self-service salad bars
- Practice social distancing in restaurant when sitting/ moving
 - Wash hands before eating, after leaving
- Take-out, drive through, delivery are good options
 - Risk of coronavirus transfer is thought to be low
 - Wash hands after touching food packaging

Knowledge
in Life

Other consumer food safety tips

- Same practices that should always be used!
- Clean lids of canned goods before opening
- Regularly clean and sanitize kitchen counters
 - 5 T bleach/ 1 gallon water
 - 4 tsp bleach/ 1 qt water
 - Can use commercially available disinfectants
 - Do NOT use this on food (too strong)
- Clean, separate, cook, chill

Knowledge
in Life

Food Safety and Covid website

www.ksre.k-state.edu/foodsafety/topics/covid19.html


- FDA- grocery shopping:
<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>
- FDA- washing produce for consumers
www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables
- Fight Bac: www.fightbac.org/coronavirus-resource-page/

Questions?

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